

FREE Mental Health Support Groups

Chisago County Drop-in Center

Main Street Church - 6500 Main Street - North Branch, MN

1st and 3rd Wednesdays from 12:30 – 1:30 pm!

UPDATE : no group on 07/02/2025 due to the Holiday week

07/16/2025 Relationships

We all have them. Anyone you have ever met, including the grocery store clerk, is the beginning of a relationship. Why are we attracted to some people and repelled by others? Are my relationships toxic or healthy? And what can I do to change that if I want to?

08/06/2025: Chain Analysis

Behaviors are the result of thinking and feeling. Let's break the chain down to see all the parts of why we behave the way we do.

08/20/2025: STRESS

Positive or negative stress affects everything. Can stress be managed, can it be good? How do I know the difference. The Window of Tolerance will help us understand more.

09/03/2025: PTSD triggers/activators

What is PTSD and why do triggers, or activators, matter to me whether I have PTSD or not. How can knowing my triggers help me care for myself.

09/17/2025: Greif and Loss

Grief and loss are more than just the death of a person I love. Grief and loss can come when life changes: a divorce, a job loss, a move. Even the loss of a season of life; like our childhood or missing out on living a long life with a loved one.

10/01/2025: Saying Goodbye

Preparations for future ideas. Brainstorm your next season of time together.

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